

## INTERNATIONAL AWARDS



2013 Gold Medal Geneva International Exhibition of Conventions



2013 Special Prize Best International Convention Switzerland



2012 Silver Medal Inventeco International Expo Italy



2012 Silver Medal Innovation and Invention Competition



2012 Silver Medal World Genius convention Japan



Dosage: To be taken orally; each sachet 4g  
Recommended daily consumption :  
One to two times a day/one sachet at a time  
Once a day: Alleviates chronic fatigue  
Twice a day : Relieves sleep disorders and maintains a healthy complexion

Recommended method of administration :  
For oral administration. To be dissolved slowly in the mouth (under the tongue).

**Disclaimer:** This content is for informational purposes only and is not intended to diagnose, treat, cure or prevent any disease or condition. The information provided here should not be considered as a substitute for advice from doctors or other healthcare professionals.

AZN-L01EN

AmLife™  
*life, redefined*

# Zleephonin

Mood healing  
Anti-aging  
Rejuvenating



# A GOOD NIGHT'S SLEEP IS THE KEY TO HEALTH, BEAUTY AND LONGEVITY

Endocrine disorder and stress are the culprits of rapid aging

Human hormones are controlled by the pineal gland

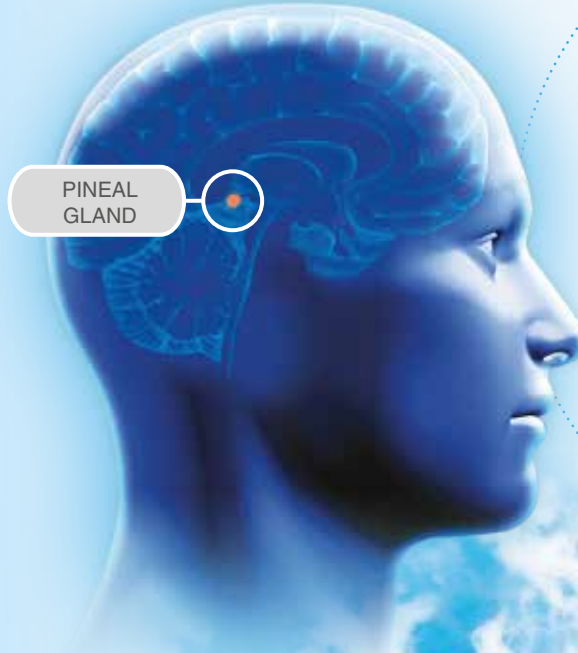
## Melatonin = Youth hormone

The pineal gland contains pigment cells and is photosensitive, hence it is called the "third eye" of the body. It produces melatonin and is influenced by light. It is the key to our sleep pattern (like the biological clock determines when we sleep and wake up). It also monitors the functions of different glands and organs to maintain normal hormone levels.

Melatonin is derived from serotonin, a neurotransmitter. Meanwhile, tryptophan is the precursor of serotonin. Tryptophan is an essential amino acid to the human body, and it can only be found in protein foods.

During the day, our nerve cells need more serotonin to fuel consciousness as we are actively involved in different activities; at night, we are not as active and hence, more serotonin will be converted into melatonin. However, the synthesis of melatonin is dramatically affected by light exposures to the eyes. This is the reason why night shift workers and people who sleep with the lights on are prone to a weakened immunity, and they are at higher risk of cancer.

Two studies in the United States discovered that exposure to bright lights at night time may reduce melatonin secretion and increase the estrogen level in the female body, thus causing an increased risk of breast cancer for night-shift female workers. Another study on stillbirth also revealed that some of the stillborn children had pineal gland hypoplasia, which resulted in very low melatonin levels. Consequently, the brain cannot withstand the damage brought by free radicals. Another study on children and adult depression also revealed that melatonin level in the patient's body was significantly lower than a normal person.



Melatonin is produced by the pineal gland. Research findings show that melatonin's secretion level is at its highest at 6 years old, and begins to decline at 35 years old. By 40 years old, the secretion level is halved and by 80 years old, the secretion level is barely measurable. This explains why children can sleep soundly and the elderly are often light sleepers.

The endocrine system is the most important function in the body, dominating our emotions and health. Endocrine disorder may cause abnormal skin condition, bad breath, constipation, and it can even affect our sleep, resulting in insomnia, startled response when sleeping, disturbed sleep and other sleep disorders.



## Zleephonin

### MEDICAL RESEARCH RESULTS



Melatonin can suppress tumour metastasis

Reference:  
Su SC, Hsieh MJ, Yang WE, Chung WH, Reiter RJ, Yang SF. Cancer metastasis: mechanisms of inhibition by melatonin. *J Pineal Res.* 2017;62:e112370.



Melatonin can prevent neurodegeneration

Reference:  
Manev H, Uz T, Kharlamov A, Joo JY. Increased brain damage after stroke or excitotoxic seizures in melatonin-deficient rats. *FASEB J.* 1996 Nov;10(13):1546-51. (<https://www.ncbi.nlm.nih.gov/pubmed/8940301>)

### Natural extracts

- Banana Peel Extract for pressure relief and good night's sleep
- The special ingredient Hydroxanegorufone™ extracted from banana skin can effectively enhance the expression of tryptophan metabolic pathway related genes, thus promoting the synthesis of serotonin and melatonin in the body.
- L-Tryptophan
- Royal Jelly
- West Indian Cherry
- Rice extract (Ceramide)
- Prunus Cerasus
- Blackcurrant
- Oats Fiber
- Milk Calcium

### Natural diet therapy

1. Improves endocrine system
2. Anti-stress, anti-depression
3. Improves concentration, prevents brain degeneration, rejuvenates cranial nerves
4. Moisturising and nourishing to rejuvenate skin
5. Delays aging and fights free radicals
6. Improves menopausal disorders
7. Improves sleep, adjusting jet lag, promote deep sleep